

A close-up photograph of a Milk Thistle plant (Carduus marianus) growing in a dark, rustic mortar. The plant features several green, spiky heads with purple flower buds. One head is in full bloom, showing numerous purple florets. The background is dark and textured, suggesting a wooden surface with small holes. The text 'Milk Thistle' is written in a white, cursive font across the center of the image.

*Milk Thistle*

CARDUUS MARIANUS

# MILK THISTLE

CARDUUS MARIANUS

## Phylogenetic classification

Name : Milk thistle

Latin name : Carduus marianus

Kingdom: Plantae

Division: Magnoliophyta

Class: Magnoliopsida

Order: Asterales

Family: Asteraceae

Genus: Silybum

Species: Silybum marianum

## Habitat:

Southern Europe, Western Asia, North Africa, Australia and North America.

The Milk Thistle likes dry and sunny places, often on acid soil.

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CARDUUS MARIANUS

## Therapeutic effects

Organ involved: liver

Effects:

Hepatoprotective, hepatic drainer, cholagogue, protects the liver, stimulates bile secretion.

Indications:

Bellyache, hepatitis, cirrhosis, gallstones, liver problems, alcohol abuse, gallbladder disorders



Side effects:

Allergies to active ingredients, very rarely -> nausea, diarrhea

Contraindications:

Pregnancy, children under 6 years old.

Parts used:

Seeds which are the fruits

Galenic forms:

In the form of drops, capsules, powder, seeds, tincture, herbal tea mother (decoction).

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CARDUUS MARIANUS

## INFORMATIONS AND SOURCES

### INFORMATIONS

The information contained in this file does not replace a doctor's consultation and diagnosis.

We are not responsible for any misuse of the plant or for any side effects.

For more detailed information on its use, ask your pharmacist for advice.

THE ORIGINS EARTH

### SOURCES

[Creapharma.ch](http://Creapharma.ch); [infoflora.ch](http://infoflora.ch)

### PHOTOS

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